WHAT IS CLAIMED IS:

1. A photographing apparatus for photographing an object, comprising:

an illuminating unit which irradiates light of a band of a small energy in natural light to the object; and

a photographing unit which obtains reflection light of the light which has been irradiated from said illuminating unit and reflected by said object and obtains a video image of said object on the basis of said obtained reflection light.

2. The apparatus according to claim 1, wherein said illuminating unit irradiates the light including a plurality of wavelengths of the small energies in the natural light in said band.

3. The apparatus according to claim 1, wherein said illuminating unit irradiates the light including a Fraunhofer line in the band of the small energy in said natural light.

4. The apparatus according to claim 1, wherein said illuminating unit comprises:

a light source unit which forms a light source having various wavelengths; and

a low energy pass filter which allows the light of the band of the small energy in the natural light in said light source formed by said light source unit to pass.

5. The apparatus according to claim 1, wherein said photographing unit comprises:

a reflection light pass filter which obtains said reflection light; and

a photoelectric converting unit which converts said reflection light which has passed through said filter into an electric signal.

6. An organism information recognizing system for recognizing an object on the basis of organism information which is formed on the basis of a video image of said object, comprising a photographing apparatus having:

an illuminating unit which irradiates light of a band of a small energy in natural light to the object; and

a photographing unit which obtains reflection light of the light which has been irradiated from said illuminating unit and reflected by said object and obtains the video image of said object on the basis of said obtained reflection light.

7. The system according to claim 6, wherein

said organism information recognizing system recognizes an iris of said object as organism information.

8. The system according to claim 6, wherein said organism information recognizing system recognizes a face of said object as organism information.

9. The system according to claim 6, wherein said organism information recognizing system recognizes a retina of said object as organism information.

10. The system according to claim 6, wherein said organism information recognizing system recognizes a fingerprint of said object as organism information.

11. A moving body monitoring system for analyzing a locus of an object on the basis of a video image of the object and monitoring a line of flow of said object, comprising a photographing apparatus having:

an illuminating unit which irradiates light of a band of a small energy in natural light to the object; and

a photographing unit which obtains reflection light of the light which has been irradiated from said illuminating unit and reflected by said object and obtains the video image of said object on the basis of said obtained reflection light.

12. A traffic monitoring system for monitoring a traffic amount on the basis of a video image showing coming and going of an object, comprising a photographing apparatus having:

an illuminating unit which irradiates light of a band of a small energy in natural light to the object; and

a photographing unit which obtains reflection light of the light which has been irradiated from said illuminating unit and reflected by said object and obtains a video image of said object on the

basis of said obtained reflection light.

13. A photographing method of photographing an object, comprising the steps of:

irradiating light of a band of a small energy in natural light to the object; and

obtaining reflection light of the irradiated light which has been reflected by said object and obtaining a video image of said object on the basis of said obtained reflection light.

14. The method according to claim 13, wherein said light includes a plurality of wavelengths of the small energies in the natural light.

15. The method according to claim 13, wherein a Fraunhofer line is included in the band of the small energy in said natural light.

16. An organism information recognizing method of recognizing an object on the basis of organism information of the photographed object, comprising the steps of:

irradiating light of a band of a small energy in natural light to said object; and

obtaining reflection light of the irradiated light which has been reflected by said object and obtaining a video image of said object on the basis of said obtained reflection light.

17. The method according to claim 16, wherein an iris of said

object is recognized as said organism information.

18. The method according to claim 16, wherein a face of said object is recognized as said organism information.

19. The method according to claim 16, wherein a retina of said object is recognized as said organism information.

20. The method according to claim 16, wherein a fingerprint of said object is recognized as said organism information.

21. A moving body monitoring method of analyzing a locus of an object on the basis of a video image of the object and monitoring a line of flow of said object, comprising the steps of:

irradiating light of a band of a small energy in natural light to the object; and

obtaining reflection light of the irradiated light which has been reflected by said object and obtaining the video image of said object on the basis of said obtained reflection light.

22. A traffic monitoring method of monitoring a traffic amount on the basis of a video image showing coming and going of an object, comprising the steps of:

irradiating light of a band of a small energy in natural light to the object; and

obtaining reflection light of the irradiated light which has been reflected by said object and obtaining a video image of the object

on the basis of said obtained reflection light.